

## Out Stretched Hands Counseling Center (OSHCC) Fees, Sliding Fee Scale, and Good Faith Estimate

Our service fees are fixed; however, we offer a **sliding scale of fees** that can lower the amount you pay. You may be eligible for a fee discount based on household size and income and any unusual circumstances. You can **fill out the financial form** if you want to request the sliding scale. Please let us know of any significant changes in your financial status. You may request a review any time should you require a fee adjustment. **Note: "Therapy packages" are not eligible under the Sliding Fee Schedule. EAP clients do not pay for services if your active units are approved through your EAP provider.**

### Good Faith Estimate

Following being accepted for services, we will discuss fees with you and the cost of care, including providing you with an estimate of the cost of services. **All clients are entitled to a Good Faith Estimate that will be given in writing and verbally upon request.**

### OSHCC Fees for Alaska and Michigan Residents:

Initial Intake and Assessment \$85-250 per hour

Screening/Group: \$15-\$100 per hour

Psychotherapy, Individual/Family/Couples: \$75-\$285 per hour

Other Assessments (*Driven, SASSI-4, DVI, Career Inventory, etc.*): \$75-\$1500 per hour

Consultation: \$75-\$100 per hour

Legal Fees: \$200-\$1500 per hour

Doula Services: \$200-\$800 per hour

Infant Mental Health (IMH) Service: \$75-\$285 per hour

Therapy Package: FLAT FEE: (1/3/6) Sessions \$100, \$400, \$775 (*depends on Individual/Couples/Family-Initial Assessment included*)

### Sliding Fee Scale

Household Size	Charge					
	Nominal Fee (\$15)	20% fee	40% fee	60% fee	80% fee	100% fee
Percentage of Poverty Line	100%	125%	150%	175%	200%	200%+
1	\$0-16,090	\$16,091-20,113	\$20,114-24,135	\$24,136-28,158	\$28,159-32,180	\$32,181 +
2	\$0-21,770	\$21,771-27,213	\$27,214-32,655	\$32,656-38,098	\$38,099-43,540	\$43,541 +
3	\$0-27,450	\$27,451-34,313	\$43,314-41,175	\$41,176-48,038	\$48,039-54,900	\$54,901 +
4	\$0-33,130	\$33,131-41,413	\$41,414-49,695	\$49,696-57,978	\$57,979-66,260	\$66,261 +
5	\$0-38,810	\$38,811-48,513	\$48,514-58,215	\$58,216-67,918	\$67,919-77,620	\$77,621 +
6	\$0-44,490	\$44,491-55,613	\$55,614-66,735	\$66,736-77,858	\$77,859-88,980	\$88,981+

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<b>7</b>	\$0-50,170	\$50,170-62,713	\$62,714-75,255	\$75,256-87,798	\$87,799-100,340	\$100,341 +
<b>8 +</b>	\$0-55,850	\$55,851-69,813	\$69,814-83,775	\$83,775-97,738	\$97,739-111,700	\$111,701 +

Household Size	Fee					
	Nominal Fee	20% pay	40% pay	60% pay	80% pay	100% pay
Individual/family/couples Psychotherapy	\$75	\$15-57	\$30-114	\$45-171	\$60-228	\$75-\$285
Consultation	\$75	\$15-20	\$30-40	\$45-60	\$60-80	\$75-\$100
Initial Intake/Assessment	\$85	\$17-57	\$34-100	\$51-150	\$68-200	\$85-\$250
Other Assessments	\$75	\$15-300	\$30-600	\$45-900	\$60-1200	\$75-\$1500
Legal Fees	\$200	\$40-300	\$80-600	\$120-900	\$150-1200	\$200-\$1500
Screening for Groups	\$25	\$5-20	\$10-40	\$15-60	\$20-80	\$25-\$100
Birthing & Doula Services	\$200	\$40-160	\$80-320	\$120-480	\$150-640	\$200-800
Infant Mental Health	\$75	\$15-57	\$30-114	\$45-171	\$60-228	\$75-\$285

\*Fee rounded at 20%, 40%, 60%, 80%

\*The OSHCC sliding fee scale was developed using the U.S. Department of Health and Human Services 2021 Poverty Guidelines for the State of Alaska (<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines/frequently-asked-questions-related-poverty-guidelines-poverty>), the National Health Service Corp Sliding Fee Discount model (<https://nhsc.hrsa.gov/sites/default/files/NHSC/nhsc-sites/nhsc-sliding-fee-discount-program.pdf>), and the State of Alaska Medicaid Community Behavioral Health and Mental Health Physician Clinic Medicaid Covered Services rates.

Client or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature (*Admin or Therapist*): \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*\* If you live in Alaska or Michigan, your insurance provider may cover some or all your fees. If you do not see your provider in the list below, you can ask your insurance carrier if they would reimburse you. I provide a receipt after each service.**

**Your coverage depends on your employer's and insurance benefit plan coverage. Insurance companies cover what their clients want to pay for, in essence. Some insurers will be open to choosing your counselor, so you can ask your insurer if you do not see your provider below.**

**After paying for my services, you can seek reimbursement from the following insurers:**

**Aetna - your policy must state that Counselling or Psychotherapy are covered.**

**Blue Cross Blue Shield - your policy must state that Counselling or Psychotherapy are covered.**

**United Behavioral Health ("UBH") (Michigan) - your policy must state that Counselling or Psychotherapy is covered**

**EAP- Does not qualify for reimbursements as the charges are Zero dollars until all your approved units have been used.**

**Before you send in your claim, you must confirm that your benefits plan includes counseling or the services of clinical counselors to be covered by my services. Some policies might require you to see a psychologist or a social worker instead.**